

THE SHEPPARD SENATOR

Supporting the People, Promoting the Good, Training the Best, Training the Best, Training the Best

NASCAR at the commissary

NASCAR fans will enjoy seeing the M & M Mars/Pedigree number 36 Pontiac at the commissary Tuesday from 10 a.m. to 4 p.m. This will be a great way to see, hear and touch a sampling of the cars that will compete at the Texas Motor Speedway on April 7.

C. Lloyd Johnson, military broker for M & M Mars and Pedigree pet food, will be on hand to give out prizes and provide special product pricing during the event.

Easter chapel schedule Catholic:

Good Friday service – 5:30 p.m. Friday, North Chapel

Easter Vigil mass – 7 p.m. Saturday, North Chapel

Protestant:

Good Friday service – 11:30 a.m. Friday, South Chapel

Sunrise service – 6:30 a.m.

Sunday, parade grounds

Continental breakfast – follow-up Sunrise service, Bldg. 962

The three laws of OPSEC

Operational Security is the prevention of the accumulation of one or more elements of sensitive or unclassified information or data that could damage national security by revealing classified information. These are the three laws of OPSEC:

1. If you don't know the threat, how do you know what to protect?
2. If you don't know what to protect, how do you know you are protecting it?
3. If you are not protecting it (the critical and sensitive information), the adversary wins.

For more information, contact your unit OPSEC representative.



Chem warfare

Senior Airman Willie Johnson, 82nd Security Forces Squadron, practices donning his gas mask during a Nuclear Biological Chemical Defense Training course. During the course, students are taught how to protect themselves during nuclear, biological or chemical attacks. NBC Defense Training is required for military personnel and emergency essential civilians in, or deployable to, chemical-biological threat areas. NBC refresher training, a four-hour course, is an annual requirement. Members who have not had refresher training in the past three years, are required to take initial training, a six-hour course. Staff Sgt. Henry Jolly, NBC Defense Training Course instructor, said, "This training is extremely important because with current world situations and new threats arising throughout the world, a very real potential exists for the use of chemical and bio agents." Refresher training is normally conducted the first two Wednesdays of each month, with initial training held the third Wednesday of the month. Those who think they require this training should contact their unit deployment manager.

(Photo by Mike McKito)

AFPC sets squadron commander board schedule

RANDOLPH AIR FORCE BASE, Texas — Qualified officers who are considering a squadron commander or chaplain leadership position can refer to the recently released consolidated message which details the process of how to apply to be a squadron commander.

The announcement, which also explains how to decline a commander job, lists upcoming dates for boards selecting commanders for billets opening in 2003. Requirements, nomination criteria and key dates can

be obtained from current unit commanders or local military personnel flights.

"All of the pertinent information has been included in this one message to alleviate as much of the administrative burden as possible," Air Force Personnel Center officials said.

Boards convening this year include:

- Civil engineering, Aug. 7 to 9;
- Communications, July 8 to 12;
- Comptroller, July 15 to 18;

- Contracting, July 15 to 17;
- Intelligence, July 8 to 10;
- Logistics, July 22 to 26;
- Medical, July 23 to 25;
- Mission support, July 11 and 12;
- Security forces, July 9 and 10;
- Services, Oct. 17 and 18;
- Weather, July 18 and 19; and
- Wing chaplain and major command chaplain staff, July 26.

The board schedule and important milestone dates can be found on the AFPC Web site. (Courtesy of AFPC News Service)



Brig. Gen. Arthur Rooney Jr. performs a simulated appendectomy with Staff Sgt. Greg Frerichs and Staff Sgt. George Koehler, 383rd Training Squadron, during the general's orientation of the 882nd Training Group. (Photo by Mike McKito)

Action Line 676-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to action.line@sheppard.af.mil.

Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

AAFES.....6-2211
AF suggestion office.....6-IDEA
AFI 36-2903 issues.....6-2984
Civil engineer/housing...6-2846
Facilities maintenance...6-6524
Civilian pay.....6-4890
Commissary.....6-2750
Comm squadron.....6-5524
Dress and appearance.....6-2984
Education office.....6-6231

Family support.....6-4358
Fraud, waste and abuse.....6-2222
Inspector general.....6-2031
Military pay6-1851
MEO.....6-2360
Patient advocacy.....6-7791
Safety.....6-4149
Security forces.....6-2379
Services Division6-2089
CDC.....6-4244
Youth center.....6-5395
Golf course.....6-6369
Billeting, gyms, athletics, and dining hall.....6-7429
South bowling center.....6-2170
Victim assistance.....6-7206
Base straight talk line.....6-4438

Cell phone use

QI was told in a briefing that permanent party personnel are not allowed to carry cell phones, even if the phones are in a pocket, and that cell phones cannot be used while in uniform. AFI 36-2903 was used as the reference.

According to AETCI 36-2216, "students" cannot wear or use cell phones. Is there going to be a formal supplement written stating that all permanent party cannot use a cell phone while in uniform? If yes, I'd like to know the justification.

Also, as a permanent party instructor, are my civilian equivalents going to be required to follow the same set of rules?

AThe policy concerning cellular phones is addressed in AFI 36-2903, Dress and Personal Ap-

pearance of Air Force Personnel, Table 2.5, Rule 11. It states, "Cellular phones will be clipped to the waistband or purse or carried in the left hand; prohibited unless required to perform duties." I agree the policy makers could have made this a bit clearer; however, the interpretation of this rule is that cell phones are prohibited while in uniform, unless required to perform your official duties. AFI 36-2903 also states that the omission of a specific item or appearance does not automatically permit its wear. Your civilian co-workers are not subject to the AFI 36-2903; therefore, the policy does not apply to them.

Indoor walking area

QWhy do our gyms not have indoor walking tracks? I don't think it would cost much to add them.

Is this possible? If so, older people, pregnant women, and people who can't withstand the weather would be able to walk year-round.

AAlthough walking tracks would be a welcome enhancement to our fitness centers, the limited area around the gymnasium's basketball floors does not safely permit a dedicated walking/running area. We did request the inclusion of an elevated walking/running track in the new Fitness Center/HAWC project scheduled to start this year but, unfortunately, the scope of the project funding was not able to support the cost of the track. Customers who are unable to walk outdoors because of health or climate reasons are encouraged to take advantage of our recently purchased later-model treadmills in each of our fitness centers.

Base theater conditions

QMany of the base theater seats are broken and, for years, the projectors have not worked properly. The previous wing commander answered an action line last summer about the broken projectors. He agreed with the poor theater conditions and assured readers this would be fixed.

AAAFES has annual maintenance performed on projectors and the most recent maintenance showed the projectors to be working properly. There are several other potential causes of problems in showing movies to include damaged film and operator error. AAFES has submitted a work request to the base to replace the seats. I intend to view a couple movies for myself to obtain a first-hand assessment.



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19th Air Force commander visits 80th FTW



Maj. Gen. James Sandstrom, 19th AF commander, visited the 80th Flying Training Wing March 18-19. While here, the general and Col. Ralph Jodice (above) congatulated Master Sgt. David Nelson, superintendent, aircraft maintenance management division, on his selection for senior master sergeant. The general took an orientation tour of the wing's operations and maintenance facilities, including the bead-blasting room (left), where the general learned how paint is stripped off aircraft from Boyd Engleman, a Lear Siegler aircraft maintainer. (Photos by T.R. Steele and Staff Sgt. Frank Lopez)

TWIG

The Wing IG

The primary mission of the inspector general system is to ensure a prompt response to complaints regarding Air Force policies, treatment, and fraud, waste and abuse. The most effective way to resolve most complaints is through the chain of command or a grievance channel established for that particular issue. Those who have tried these avenues and found them not to work or those who have questions regarding the appropriate agency to contact should call the 82nd Training Wing Inspector General at 6-2031. The 82nd TRW IG will arrange an appointment to discuss the issue and seek resolution. (Courtesy of the 82nd Training Wing Inspector General)



Let's Roll

James Smith, a Raytheon maintenance worker, applies a "Let's Roll" decal to Sheppard's F-16 Thunderbird training aircraft. The "Let's Roll" nose art is being used to continue the remembrance of the events of Sept. 11, spur on the nation's patriotic spirit and pay tribute to the heroes and victims in the war against terrorism. It also serves to increase awareness within America and to other nations of the need to combat terrorism and be vigilant. (Photos by Airman 1st Class Pamela Stratton and Capt. Robert Nash)

Sheppard comptrollers give government card update

By Master Sgt. John Gropp
82nd Comptroller Squadron

The Government Purchase and the Travel Card programs are efficient and convenient tools used by members in the Department of Defense to fund day-to-day supply requirements and official travel expenses. These programs provide accessibility to cash, supplies, and other required items to accomplish the mission. The transition to the bankcard operations reduces the mountain of paperwork previously required to accomplish these functions. This was done to streamline the requisitioning and travel payment processes in order to manage the reductions in force that faced all branches. This transition to bankcard operations made these processes more efficient and allowed the reallocation of personnel dollars for critical mission requirements as our services drew down.

For the most part, they work very well in accomplishing the desired goal. Corporate America has utilized this process to reduce overhead costs and improve efficiencies for quite some time now and their success was the catalyst for DOD to make the transition too. But, as with anything, the opportunity to abuse the program is directly proportional to the oversight and importance placed on its execution. Purchase card and travel card abuse across DOD has grown unchecked over the past several years with losses climbing into the tens of millions of dollars for the banks supporting the programs. This is unacceptable. The situation has gotten so far out of hand that it has drawn the attention of Congress. They requested a Government Accounting Office audit of both programs with shocking results, revealing rampant abuse throughout

both programs, across the services, leaving the GAO to consider the scope of their finding as only the tip of the iceberg. Abuses stemmed from extravagant items purchased for personal use on the job, to funding gambling habits, extensive shopping sprees, and cosmetic surgeries.

When the scope of abuse reaches this level, there is only one explanation: management failed to ensure that proper internal control measures were applied. Congress is very concerned because, after all, we're talking about the taxpayer's hard earned dollars. They have entrusted those dollars to us to use in the execution of our mission and not for our own personal gain. Many people have used these bankcards and kept the material or merchandise for their own use or failed to pay the bill altogether, leaving the bank and the taxpayers of America

holding the bag. Again, this is unacceptable. Management must be proactively involved in the oversight process and validate the expenditures incurred by their members.

Now is the perfect time to assess each unit's purchase and travel card programs vulnerability to these types of abuse and take the necessary steps to correct abuse if uncovered. With the ORI teams arrival on the near horizon, "trust but verify" should be the mantra of all personnel in a position of responsibility for these accounts. As taxpayers ourselves, we owe it to the American public to do just that. If anyone has any questions about the management of your accounts, please contact the government purchase card program representatives in the Contracting Squadron or have the unit government travel card Agency Program Coordinator contact the base APC in the comptroller squadron.

There is, however, a bright spot to this story regarding the Government Travel Card program. Sheppard, through leadership, dedication, hard work and diligence, has secured the lowest base travel card delinquency rate ever, 1.37 percent! That's outstanding! This is a direct reflection of management's personal involvement in the travel card program at their units. A tremendous "Thank You!" goes out to commanders, first sergeants, and unit APCs. That hard work and diligence has paid off big time! Sheppard Air Force Base earned a rebate from Headquarters AETC of \$21,000 for our efforts and success. These funds will be distributed throughout the base for quality-of-life initiatives. Commanders, first sergeant's and unit APCs: keep up the outstanding work. Your direct involvement in this program is what's made it a tremendous success.

Views: child abuse can be prevented

By Jeffrey Pixler
Family advocacy outreach manager

If a society is measured by how well it values its children, then it's time to start questioning America's commitment to our most precious resource. The fact is that more than three children die each day in the United States from physical abuse or chronic neglect – three children each day! These are all preventable deaths.

Annually in the United States, there are more than three million cases of reported child abuse and neglect to the various child protective agencies. Of these reports, 60 percent are investigated by child protective agencies. More than 800,000 of the reports are substantiated for child abuse and/or neglect. Sheppard received over 130 reports of child abuse and neglect last year. Abuse and neglect continue to be a major threat to the well being of our children.

There are children living in Wichita Falls that are victimized by their care providers. Children are too young to understand that being left alone all day and night is neither acceptable nor appropriate. The children know they are afraid and hungry and that no one is there to respond when they cry. A few of us know children that are abused and neglected by their parents, but still do not understand why we should report suspected child maltreatment to the appropriate agencies.

These reports are for our children living in our community, not in some faraway place. We must ask ourselves: how do we help these children learn to trust when their care providers do not provide a foundation from which to build a trusting, loving relationship? How many more cases of abuse in our community will remain unreported while children continue living in violent homes and bear the emotional and

physical scars?

Child abuse is preventable. If we value our children as much as we say, we have to focus on preventing the abuse and neglect before it prevents a child from achieving his or her potential. We have to stand up for our children and stop the abuse. The most effective intervention strategy is to break the silence of family violence and report all cases of suspected family violence.

April is Child Abuse Prevention Month. If you would like information on how you can get involved and take action against child abuse, please call the Family Advocacy Program at 6-2271. Should you know of anyone being victimized by a loved one, call Family Advocacy or the Texas Child Protective Services at 800-252-5400. Your identity will remain confidential and your call could save a child's life.

"Treasure your families; we do!"

FAMILY ADVOCACY CLASSES

Balanced Living (Anger Management): Mondays, 3-4:30 p.m. Facilitator: Capt. Teresa Baptiste

Healthy Changes (Horse and Rider, Assertive Communication): 2nd and 4th Tuesday of every month, 2-3 p.m. Senior Airman Kanisha Carson

Home Alone: 2nd Monday of every month, 3:30-4:30 p.m. Ruth Means

DV 101: 2nd Wednesday of every month, 3-4 p.m. Jeffrey Pixler

Prenatal Class: 1st Tuesday of every month, 3-5 p.m. Barbara Webb

Sibling Class: 4th Monday of every month, 2:30-3:30 p.m. Karen Previe

What Next, New Baby! (Moms and Dads) Class #2: 3rd Tuesday of every month, 3 - 5 p.m. Barbara Webb

Parenting Issues with Toddlers: Tuesdays, 10-11:30 a.m. Ms. Karen Steele

Special Olympics volunteers needed

Volunteers are needed to work at the Special Olympics. Registration to volunteer will be held Saturday from 11 a.m. to 1 p.m. at the Mini-Mall and April 9 from 11 a.m. to 1 p.m. at the Main Exchange.

Vendor day

The Government Purchase Card Vendor Day 2002 is set for April 16. This year's event will be held at the Multi-Purpose Event Center on Fifth Street in downtown Wichita Falls, from 9 a.m. to 3 p.m. The event is open to Sheppard's

general public, commanders, billing officials and all cardholders.

Catholic seminar

Catholic students are invited to recollection and meditation seminars April 27, May 4, and May 18 in the North Chapel Annex from 8:30 a.m. to 3 p.m. Lunch will be provided. Call 6-7276 to sign up.

Steak burn

The Sheppard Chief's Group and First Sergeant's Council are putting on a steak burn Monday at the Community Activity Center. Tickets

are \$10 per person and will be sold by unit first sergeants or designated representatives. Baked potato, salad, and all the trimmings will be served. Only 500 tickets will be sold base-wide.

Gospel choir workshop

The Sheppard Inspirational Gospel Choir will sponsor a gospel music workshop Tuesday to Friday, starting at 6 p.m., with a concert on April 6. The workshop will take place in the South Chapel. Integrity Music recording artist Joe Pace of the Colorado Mass Choir will be conducting the work-

shop. Those interested should RSVP by Wednesday to Lynn Caldwell at 6-4370 or Staff Sgt. Danielle McAdams at 6-6837.

Guard opportunities

The New York Air National Guard's 109th Airlift Wing, in Scotia, N.Y., home of the C-130 ski-birds, has traditional Guard vacancies in the following career fields: 2A1X2, 2A1X3, 2A5X1, 2A6X4, 2A6X6, 2A7X1, 2A7X3, 2F0X1, 3E0X2, 3E1X1, 3E2X1, 3E3X1, 3E4X1, 3E9X1, 3P0X1, 4A0X1, 4A2X1, 4E0X1, 4N0X1,

X4N0X1, and 6F0X1, as well as full-time active duty opportunities in the following career fields: 2A5X1 and 2A6X6. For more information, call Master Sgt. Ryerson, at DSN 334-2456 or e-mail him at Wesley.Ryerson@nyscotang.af.mil.

Cooking demo

The health and wellness center will host a cooking demonstration today from 11 a.m. to 1 p.m. to celebrate Women's History Month and National Nutrition Month.

Call 6-4292 or 6-1416 to make a reservation.

Base to switch to cooling systems

By Sam Hagins

Base energy manager

The 82nd Civil Engineer Squadron is beginning to transition from the heating to the cooling season. CES will work the transition as closely as possible with commanders and facility managers. Cooling will be provided when a facility manager calls EMCS at 6-2124.

The transition process can take up to 48 hours in some cases. Therefore, we want to avoid switching back and forth from heating to cooling.

CES expects transition to be complete by mid-April. Due to temperature fluctuations in North Texas this time of year, members are asked to be patient during the transition period and dress accordingly. If there is an abrupt change in weather conditions, CES will strive to maintain facilities at a comfortable temperature.

Temperature settings are the cornerstone of Sheppard's energy conservation program. Base policy is that temperature settings in facilities will be set to 78 F during the cooling season, with the following exceptions, which are set to 74 F: child development center; hospital;

chapels (during services); RAPCON; buildings 2320, 2322, 2330; service facilities.

CES' goal is to make the work environment as comfortable as possible. For information, contact Mr. Sam Hagins, base energy manager, at 6-5689.

Ten simple things to do at home to save energy

1. Change air conditioner filter at least once every three months.
2. Set thermostat to 75 F. Move it up to 80 F if leaving the house for more than an hour.
3. Check windows, doors, and electrical outlets for drafts – caulk and weather strip around cracks and leaks as needed.
4. Close window blinds and curtains to keep out the hot sun.
5. Use ceiling and floor fans.
6. Turn off lights when not needed.
7. Close off unoccupied rooms.
8. Check that freezer is set no lower than 5 F and that refrigerator is 37 to 40 F.
9. Don't cook or use clothes dryer during hottest part of day. Ovens and dryers consume lots of electricity and also increase your home's heat load.
10. Dress casually while at home – wear loose fitting, light colored clothing.



Steering Committee Chairman

Air Commodore Peter Berlijn (center) speaks with Brig. Gen. Tore Arestoel (left) and Col. Johannes Hassenewert, 80th Operation Group commander, before the start of the Steering Committee meeting March 18. Air Commodore Berlijn, who is the Tactical Air Force deputy commander for the Royal Netherlands Air Force, replaced Brig. Gen. Arestoel as chairman of the Euro-NATO Joint Jet Pilot Training Program Steering Committee. Air Commodore Berlijn served as an ENJJPT instructor pilot from 1984-1987 and has over 3,800 flying hours in various jets, of which more than 1,500 hours are in the F-16. *(Photo by T.R. Steele)*

Achievers

AETC Medical Awards

Brigadier General Sarah P. Wells
Award: Senior NCO - Master Sgt.
Susan Neil, 82nd MDG; NCO -
Tech. Sgt. Stacey Rodrigues, 82nd
MDG; Airman - Airman 1st Class
Jason Hrdina, 82nd MDG

Health Promotion Program
Large Base: 82nd MDG

Resource Management
Officer: Capt. Dee Ann Mejia, 882d
Training Group.

Dental awards: Senior NCO -
Master Sgt. Thomas Jones, 82nd
MDG; NCO - Staff Sgt. Lorrin
Arrington-Savage, 882nd TRG

Health Services Management:
Senior NCO - Master Sgt. Ronald
Pinson, 82nd MDG; NCO - Staff
Sgt Delores Oldham, 882nd TRG;
Airman - Senior Airman Steven
Fox, 882nd TRG

Patient Administration/Man-
aged Care/Health Benefits Advi-
sor: Senior NCO - Master Sgt.
Shelia Hale, 882nd TRG

Medical Logistics
Biomedical Equipment Repair NCO
- Tech. Sgt. James Britt, 82nd MDG;
Airman - Senior Airman Brad
Kennedy, 882nd TRG

Facility Manager - Mr. David
Miller, 882nd TRG

Jesse Edwards Company Grade
Physician Assistant of the Year -
1st Lt. Lee Ackley, 82nd MDG

Dietitian of the Year:
Airman - Senior Airman Jovan
Leach, 82nd MDG

Aerospace Physiology
Awards: Company Grade Physi-

ologist - Capt Karl Ogilvie, 82nd
MDG

Physical Therapy Awards:
Field Grade Therapist - Maj. Will-
iam McAllister, 882nd TRG; NCO -
Staff Sgt. Jason Foster, 822nd TRG

Colonel Floyd M. Morris
Award Optometrist:
Maj. Ray Santullo, 882nd TRG

Colonel Donald D. Dunton
Award, Ophthalmic Enlisted:
NCO - Tech Sgt. William Muse,
882nd TRG

Outstanding Audiologist/
Speech Pathologist
Capt. Sara Teufert, 82nd MDG

Public Health Awards:
Colonel Cleveland L. Parker Award
- Master Sgt. Peter Flynn, 82nd
MDG; Airman - Senior Airman Alex
Mosquera-Melo, 82nd MDG

Laboratory Medicine Awards:
Team - 882nd TRG

Pharmacy Awards:
Fred Coleman Company Grade
Pharmacist - Capt. Rodney Jorstad,
882nd TRG; NCO - Tech Sgt. Janice
Carr, 882nd TRG

Social Worker, Field Grade: Lt.
Col. Roy Franklin, 82nd MDG

Bioenvironmental Engineering
Officer and Enlisted Awards: NCO -
Tech Sgt. Martha Briggs, 82nd MDG

Chief Master Sergeant Lewis W.
Dunlap Award-Mental Health: NCO
- Staff Sgt. Erinn McFall, 882nd TRG;
Airman - Airman 1st Class Katherine
Guinn, 882nd MDG

Alan W. London Company Grade
Psychologist: Capt. John Leckie,
882nd TRG

**To place an ad in
the Senator, call
767-SOLD**

Texas hazardous waste collection

The Texas Natural Resource Conservation Commission will be conducting a free household hazardous waste collection event in Burkburnett on April 9.

The collection will be held at the Texoma Agricultural Products. Take I-44 North approximately 10 miles past Wichita Falls then exit at Danials. The building is located at the southwest corner of the intersection. It will run from 8 a.m. to 1 p.m.

The TNRCC can accept banned or unwanted pesticides, properly rinsed plastic pesticide containers, used motor oil, oil filters, lead acid batteries and household hazardous wastes. Household items accepted include pesticides, herbicides, paints and thinners, gasoline, antifreeze and other automotive products, household cleansers and batteries, aerosol cans, pool chemicals, photographic chemicals, fluorescent bulbs and mercury.

For more information on what can and can't be accepted, call the TNRCC at 512-239-4749

ORI tip of the week: Review previous inspection reports: Sheppard's 1999 ORI report, recent stan-evals, self-inspections and SAVs. Review ORI reports from other organizations and note common deficiency items. Check out the 82 TRW/IG database and other crossfeed information. *(Courtesy of 82 TRW/IG)*



Inattentive drivers - a personal look

By Tech. Sgt. Steve Sinatra
82nd TRW Safety Office

A long time ago, I had the pleasure of being a security policeman. Early one morning while on patrol, I had a life-changing experience. As I responded to a major vehicle accident outside of Rhein Main Air Base in Germany, a truly gruesome sight was exposed before me. The driver of a BMW station wagon had lost his head – literally.

Investigation revealed that the driver was transporting a few bushels of apples to his customers. While driving on Autobahn A5, some of the

apples fell out of the bushel basket in the front passenger's seat. The driver immediately reached down to pick them off the floor and put them back into the bushel basket. Unfortunately, he didn't see that traffic he had abruptly stopped in front of him (that's right, traffic stops on the autobahn), and he smashed into the back end of a tractor-trailer, causing the decapitation.

While driving, we frequently turn our attention to other things (talking on cell phones, eating, lighting a cigarette, putting on makeup, reading maps, etc.) because the task of driving seems simple and mundane. It's not! Driving is likely the most challenging and dangerous activity that most of us participate in every day! Pay attention to the traffic. It may save your life.

Nutrition views: Four things women need in their diet

**By Maj. Mari Chamberlain
and Maj. Elizabeth Watson**

*Diet Therapy Training Programs
chief and Nutritional Medicine
Flight commander*

There are many goals for healthy eating that all adults should strive for...eating less fat, especially saturated fat, and sugar; eating more fruits, vegetables and fiber; and maintaining activity levels and calorie intakes that allow a healthy weight. These habits have been shown to greatly reduce the risks for heart disease, cancer, and diabetes — some of the biggest killers of Americans today.

In addition to these challenges, women have nutrition concerns specific to them. This article addresses four of the nutrient issues facing women today — calcium, soy, iron and folate.

Calcium

Adequate calcium intake is important for the prevention of osteoporosis — a disease involving decreased bone density.

Osteoporosis causes increased risk for hip and wrist fractures. While some men do suffer from osteoporosis, the majority of those affected are women. Calcium is extremely vital for girls in the elementary school and middle school ages, the time for the most rapid accumulation of bone density.

Recommended levels of calcium for females ages 9-18 are 1,300 milligrams per day, for women ages 19-50—1,000mg/day and 1,200 mg/day for those over 50. Dairy products are excellent sources of calcium, but calcium fortified juices and milk substitutes

can also provide calcium. A cup of milk or calcium-fortified juice contains about 300 mg of calcium. Some vegetables contain calcium, but much of it is bound to fiber and will not be well-absorbed by the body. Calcium citrate or calcium carbonate are fairly well-absorbed, and are available as over-the-counter calcium supplements.

High sodium, protein or caffeine intakes cause the body to lose calcium and may increase risk for low bone density. A 500 mg increase in sodium intake results in loss of 10 mg of calcium. A protein boost of 50 grams per day causes loss of 60 mg calcium and

the caffeine in one cup of coffee knocks out another 40 mg. However, for those who take in adequate calcium levels, the effect of excess protein, sodium or caffeine is usually low.

Soy

Soy foods have been shown to decrease risks of colon, breast and prostate cancers; as well as cholesterol levels, osteoporosis and the symptoms of menopause. Certain compounds in soy may even protect infants against future breast cancer and coronary artery disease later in life. Isoflavones are naturally occurring com-

pounds found in soy and other plant products, and are believed to be responsible for many of the health benefits associated with soy-food intake. Isoflavones are termed “phytoestrogens” because they are similar in structure to estrogen, and may mimic that hormone in the body.

Isoflavones are mainly associated with soy proteins. Unfortunately, to achieve the cholesterol lowering effects of soy, you would have to eat around 25 g of soy protein per day

See DIET, Page 17

CBS to air 'American Fighter Pilot' series

By Staff Sgt. Dan Neely

325th Fighter Wing Public Affairs

TYNDALL AIR FORCE BASE, Fla. — The Navy had its phenomenal, big-screen hit "Top Gun."

Now it's the Air Force's turn — at least on the small screens of America.

After nearly two years of serving as a filming location, the Tyndall Air Force Base, Fla., mission is about to fly with full afterburners into the living rooms of millions of television viewers across America.

CBS recently signed on for at least eight one-hour episodes of the reality-based series "American Fighter Pilot." The series follows the on- and off-duty lives of three Tyndall students as they train to become F-15 pilots. The first episode airs tonight, 7-8 p.m. on the CBS Television Network.

Each week, viewers will be invited into the world of the F-15 pilot community as CBS documents the professional and personal challenges F-15 pilot students face during an intense 110 days of training. The series features in-depth interviews with student pilots, instructor pilots — called IPs — and academic instructors who trained the student pilots.

Ironically, "Top Gun" director Tony Scott and Ridley Scott of "Black Hawk Down" fame are among the executive producers. Documentary filmmaker Jesse Negron and Brian Gadsinki, the first producer of the series "America's Most Wanted," are executive producers on the project. The series opens at Tyndall AFB.

Fully supported by the Air Force, Air Education and Training Command and the 325th Fighter Wing, Mr. Negron spent 18 months at Tyndall, shadowing the aspiring fighter pilots around the clock. To get the necessary aerial footage, Mr. Negron and his production crews were granted access to film from the back seat of numerous Tyndall F-15s and affixed cameras to others to capture hours of aerial combat training sessions.

The filming didn't end there, however. In addition to from-the-cockpit shooting, the aspiring Eagle pilots were followed everywhere

from their homes and churches to local businesses in a maximum effort to get inside the training, culture and lifestyles of fighter pilots.

"I believe the Air Force is in uncharted territory when it comes to 'American Fighter Pilot,'" said Lt. Col. David Freaney, 1st Fighter Squadron commander. The colonel was operations officer at Tyndall's 95th Fighter Squadron when the three Air Force officers were students in the F-15 basic course.

"The timing is perfect. Take a little patriotic spirit, combine that with the rise of reality TV, and throw in some of the best flying scenes that have ever been documented, and you have a can't-lose formula for success," the

colonel said.

To date, producers have shot hundreds of hours of interviews and background footage at and around Tyndall.

Just as it takes many people to get an aircraft airborne, none of the filming would have succeeded without the labors of hundreds of Air Force members, military and civilian, who had a hand in the filming project. IPs, crew chiefs, schedulers, life support teams, firefighters, security forces, airfield management, maintainers and many others provided countless hours of active support over the 18-month project to help film crews get the best shots. Additionally, civilian contractors at Tyndall were instrumental.

General activities

Take Off Pounds Sensibly

A new chapter of TOPS, Take Off Pounds Sensibly, is forming at Sheppard, and the meetings will be held at the Community Activity Center. The first meeting will be April 10 at 6 p.m. TOPS is the oldest major weight-control group, founded in 1948 in Milwaukee, Wis., by Esther Manz, a homemaker. For more information, call Vernie Nordstrom at 855-4308.

Easter egg hunt

The Lake Texoma Recreational Annex in Whitesboro, Texas, will host an Easter egg hunt Sunday at 10 a.m. The Easter Bunny will arrive at 9:55 a.m. Participants and parents can bring their cameras to take pictures of the hunt and the bunny. Cookies and punch will be served at the pavilion. For more information, call (903)523-4613.

Computer class

The Madrigal Youth Center is hosting a special computer course for its members. Basic computer to Microsoft Windows 2000 is available. Classes are held every Wednesday from 4-5 p.m. Limited space is available. For more information, call 6-KIDS.

Upcoming trips

Six Flags Over Texas

Information, tickets and tours will sponsor an April 6 trip to Six Flags Over Texas. The cost is \$41 per person. Over 100 exciting rides, shows and attractions will be available. The park features great roller coasters like the Texas Giant, the TITAN, Batman and Mr. Freeze. Those interested must register no later than Tuesday.

Texas Rangers vs. Seattle Mariners

Information, tickets and tours will sponsor an April 13 trip to see a Texas Rangers vs. Seattle Mariners baseball game. The cost is \$29 per person. Those interested should register no later than April 9. Trip departs from The community center at 3 p.m. and returns around midnight.

Club activities

Lunch at the e-club

The enlisted club now serves lunch from 11 a.m. to 1 p.m., Monday through Friday.

The menu includes a food bar, grill specials and healthy heart options. For more information, call 6-2083.

Seafood buffet dinner

The officers club will have a seafood buffet dinner tonight from 5:30-9 p.m. The cost is \$12.95 for members and \$14.95 for non-members. All ranks are welcome. For more information call 6-6460.

Officers club evening with the symphony

The officers club invites all ranks to attend an evening with the symphony April 13 at 6:30 p.m. Attendees will enjoy heavy hors d'oeuvres, a bus ride to the symphony followed by drinks and dessert at the officers club. The cost is \$45 per person or \$75 per couple. For more information, call 6-6460.

Sunday brunch

The officers club will host a Sunday brunch April 14 from 11 a.m. to 2 p.m. The cost is \$10.95 for members and \$13.95 for non-members. For more information, call 6-6460.

Boss and Buddy Night

The Enlisted Club will host Boss and Buddy Night April 24 from 5-8 p.m. Participants can enjoy drink specials, free food and a relaxed atmosphere. For more information, call 6-2083.

Family Night

The enlisted club will host Family Night April 25 from 5:30-8 p.m. The night will feature a family buffet and door prizes. All ranks are welcome. This event is sponsored by Chaney Financial Group (*No federal endorsement of sponsor intended*). For more information, call 6-6427.

At the Flicks

Friday 6:30 p.m.

Closed, ENJJPT graduation

Friday 9 p.m.

Closed, ENJJPT graduation

Saturday 2 p.m.

Collateral Damage

Saturday 4:30 p.m.

Super Troopers

Saturday 7 p.m.

Roller Ball

Sunday 2 p.m.

Roller Ball

Sunday 4:30 p.m.

Super Troopers

Thursday 6 p.m.

Big Fat Liar

This schedule is subject to change without notice. For movie information, call 6-4427.

Super Troopers (R) – Jay Chandrasekhar, Kevin Heffernan – Thorny, Rabbit, Mac and Foster are Vermont State Troopers. The state has targeted their low-volume station for a potential budget slash.

Roller Ball (PG-13) – Chris Klein, LL Cool J – Jonathan is the most popular player in rollerball. Things go wrong when rollerball's creator, Petrovich, realizes that serious on-court accidents bring instantly higher ratings.

Collateral Damage (R) – Arnold

Schwarzenegger, John Leguizamo – Firefighter Gordon Brewer is plunged into the dangerous world of international terrorism after he loses his family in a bombing credited to Claudio "The Wolf" Perrini.

Big Fat Liar (PG) – Frankie Muniz, Paul Giamatti – Jason is a 14-year-old who thinks on his feet, and when he has to prove that Hollywood producer Marty Wolf stole his class paper and is turning it into the movie Big Fat Liar, he is ready for battle.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel
Saturday, 5 p.m., Solid Rock Cafe, South Chapel
Sunday, 5 p.m., Student bible study and activity night, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel
Sunday, 9 a.m., North Chapel
Sunday, noon, North Chapel
Mon.-Fri., 11:30 a.m., Hospital Chapel

Religious education

Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant activities

Worship services

Sunday, 9 a.m., Liturgical Communion, South Chapel
Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel
Sunday, 10:30 a.m. Protestant Community

Service, North Chapel

Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel
Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:30 p.m., South Chapel
Thursday, 5:30 p.m., South Chapel
Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962
Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study
Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 12:45 p.m., South Chapel
Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177
Latter Day Saints, Sunday, 2 p.m., Hospital Chapel
Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962.

For more information, call the base chapel at 6- 4370

DIET

Continued from Page 13

(around 4-6 servings). The American Dietetic Association encourages the inclusion of foods containing soy protein, but the verdict is still out on soy protein supplements. Because some breast cancers are affected by estrogen, it is thought that phytoestrogens in soy products may be harmful to women at high risk for this disease. Women who have breast cancer, who are at high risk for breast cancer or who are taking tamoxifen, a drug frequently used in cancer therapy, should probably avoid dietary soy supplements. Sources of soy proteins include tofu, soybeans, soy flour, some soy milks, and soy-based meat substitutes.

Folate

Folate, also known as folic acid, is a B vitamin that has received a good deal of publicity in the past 10 years. Adequate folic acid during the first few weeks of pregnancy can greatly reduce the occurrence of neu-

ral tube defects, such as spina bifida. Since many pregnancies are not planned, and these women may not know they are pregnant, all women of child-bearing age are recommended to take in 400 micrograms of folate per day. Folate may have some additional benefits—high intakes of folate have been associated with a lower rate of heart disease. On the other hand, folate can mask the symptoms of pernicious anemia, a disease more common in the elderly, so supplementation may need to be

limited in older Americans. Sources of folate include fortified grain and flour products, fortified cereals, and oranges or orange juice.

Iron

Iron is used in many processes in the body. Two-thirds of the iron is found in the bloodstream, and is used to transport oxygen to all the tissues in the body. Iron is the nutrient most commonly found to be deficient in humans. Young women are particularly at risk, due to iron losses during menstruation. Pre-

menopausal women should take in 18 mg of iron per day, with the level dropping to 8 mg per day after menopause. The elderly are susceptible to iron overload, and should be cautious in taking iron supplements.

Sources of iron include meats, especially red meats, dried beans such as kidney or lima, nuts and some dried fruits. Take in a vitamin C-rich food such as oranges, strawberries, broccoli or tomatoes, to ensure maximum iron absorption. Avoid drinking coffee or tea

when eating high iron foods, as the oxalates they contain limit iron utilization.

It's pretty obvious that women have special nutritional needs. Eating a healthy, balanced diet and staying physically active are still of tantamount importance—but ensuring appropriate amounts of nutrients such as calcium, iron, folate, and possibly soy isoflavones may also improve the quality of a woman's life.

And then there's chocolate, but that's a whole other issue.

Wayland Baptist University awards 164 degrees in commencement ceremony

Wayland Baptist University awarded degrees to 164 Sheppard military and civilian members during commencement exercises in the base theater March 25.

Receiving master's degrees were: Master Sgts. Jeffrey Brooks, Karen Chapman, David Hampl, Jeffrey Karth, Glenn Kelleher, Ricky Parker and Nimrod Spence.

Other service personnel receiving a master's degree was Marine Corps Gunnery Sgt. Timothy Shatto.

Prior military, military from other bases, and civilians receiving master's degrees were Randy Baber, Jason Bachus, Anthony DeVeto, Tanya Graham, William Guthrie, Michael Lovell, Sherry Stanford, Robert Thomas, and Mary Wylie.

Receiving bachelor's degrees were Chief Master Sgt. Ronald Wilson; Master Sgts. Geraldine Digman-Stann, Thomas Hausner, Robert Hemmingson, Dale Huppert, Eric Mann, Denise Richardson, Stephen Schade, Billy Shackelford, Michael Shonka, Brian Sissel, John Tong and Jeffrey Weimer; Tech. Sgts. Scott Baker, Herman Baxter, William Bradham, Mark Brown, Sean Burns, Michael Caputo, Efrain Carrion, Craig Chapman, Bryan Croutel, Lezeme Dorsey, Shannon Fennell, Timothy Green, Randy Hill, Denis Howorth, Samson Kelly, Raymond Kinzer, Jeffrey Leemon, Christine Mackjust, Roland Marotz, Bryan Oplinger, Arnaldo Rodriguez-Matos, Robert Russell, Athnos Sellers, Lakenzar Snipes, Bruce Spencer, Walter Waddell, Troy Ward, Flora Williams, and Cipriano Zarate; Staff Sgts. Michael Adams, Melissa Aleman, Roy Anderson, Kenneth Atavich, Aaron Barrett, William Cordero, Robert Crosby, Walter Davies, Kevin Denny, Richard Essick, William Evans, William Fleetwood, Richard Fongemie, Kevin Frey, Kristal Frey, Issomi Garnigan,

Dylan Gould, Eric Graham, Ewa Gray, Michael Graybeal, Shane Green, Martin Hagg, Crystal Hale, James Henry, Carlos Hernandez, Johnny Honaker, Bruce Jackson, Susan Kenney, William LaFoy, Frederic Leighty, Clarence Lovejoy, Jason McIntosh, Steven Pressley, Allison Ratliff-Pabon, George Richey, Timothy Riehm, Nathan Savchenko, Fred Self, Christopher Theriot, James Tucker, Paul Walmsley, Richard Wilson, John Wood, and James Worley; Senior Airmen Luis Gonzalez, William Hayes, Brad Kennedy, Sean Krisko, Andrea Mastro, and Duane Riggs.

Other service personnel receiving bachelor's degrees were: Army Sgts. 1st Class Kenneth Chapman, Derek Plummer and Michael Ricalde; Navy Chief Petty Officers Michael Langley and Sean Williams, Navy Petty Officer 1st Class Drew Stalinski and Navy Petty Officer 2nd Class Robert Carr.

Prior military, military from other bases, and civilians receiving bachelor's degrees are Anthony Aldridge, Jerry Beaver, Elaine Biter, Jeff Blackwood, Kenneth Blount, Jeannette Brayton, Dawn Daino, Jesus DeLa Pena, Gregory Dierig, Shawn Dilworth, Robert Douglass, Richard Ellis, William Faria, Jorge Flores-Colon, Renee Gifford, Paul Hayes, Shirley Herwig, Carlos Jones, Stanley Joslin, Robert Kerr, David Knauer, Laura Lee, Andrew Marschall, Ginger McBride, Amanda Mullins, Christopher Mullins, Randy Neff, Teddie Nelson, Abigail Ortiz, Jason Price, Stephen SanMiguel, Brian Shields, Willmary Toussaint, Jaylene Vottero, Gregory Wallace, Rachel Wells, Budde Winton and Robert Wright.

Receiving associate's degrees were Army Sgt. 1st Class Richard Rinearson, Navy Chief Petty Officers Mark Kraninger and Robert Skinner, Navy Petty Officers 1st Class Julio Sevillano and Karen

Warner and Navy Petty Officer 2nd Class Charles Givens.

Prior military, military from other

bases, and civilians receiving associate's degrees are Robin Hart, Jerry Lester, and Teresa Roll.

(Courtesy of the base education office)

Spring Fling Get Acquainted Tournament

Wind Creek Golf Course will host the Spring Fling Get Acquainted Tournament Saturday. Shotgun start is at 9 a.m. The cost of \$20 per person includes cart (greens fee not included). Two person best ball, 25 percent of team handicap given, net and gross prizes awarded. Established handicap required. For more information, call 6-6369.

Colorama tournament

The south bowling lanes will host a Colorama tournament April 6, at 7 p.m. Participants can bowl with the lights out and knock down glowing colored pins in a special position to win cash. For more information, call 6-2170.

Yoga-pilates classes

The south fitness center is now offering yoga-pilates classes Mondays and Wednesdays at 10:15 a.m., Wednesdays at 5 p.m., Tuesdays and Thursdays at 4:15 p.m., Thursdays at 6 p.m. and Saturdays at 3 p.m. For more information, call 6-2972.

Squadron Cardio Combat

The fitness centers invite all squadron members to participate in a new fitness challenge called Squadron Cardio Combat. By participating in individual exercise regimes, anyone can track their workouts and score points for their squadron. For more information, call the south fitness center at 6-2972.

Muscle Mania

AETC is sponsoring a MAJCOM-level muscle mania sports competition May 18 at Little Rock Air Force Base, Ark. The active duty Air Force winners from Sheppard's Dec. 1 power lifting competition will represent the base. Additionally, the fitness centers are looking for serious bodybuilders to participate at the competition. Members must be on active duty and assigned to an AETC base.

General information and instructions for the competition are available at the south fitness center. Questions or comments regarding this sports event should be directed to Master Sgt. Desi Hale at 6-3550.

Intramural bowling standings as of March 22

	<u>WINS</u>	<u>LOSSES</u>
1. 364 TRS	130	78
2. 363 TRS (B) Ammo	119	89
3. 362 TRS (B)	116	92
4. 882 TRG (B)	113	95
5. 82 MSS/SVS	113	95
6. AFOSI	111	97
7. 362 TRS (A)	110	98
8. 365 TRS (C)	110	98
9. 82 CES	110	98
10. 365 TRS (B)	109	99
11. 363 TRS (A)	108	99
12. 187 Med. Bn.	108	100
13. 381 TRS (B)	107	101
14. 365 TRS (A)	107	101
15. 882 TRG (A)	104	104
16. 382 TRS	102	106
17. 366 TRS (A)	101	107
18. 82 CS (B)	98	110
19. 82 TRSS	96	112
20. 381 TRS (A)	94	112
21. 384 TRS	94	114
22. 82 CS (A)	91	117
23. 366 TRS (B)	82	126
24. 882 TRG (C)	61	147

HIGH GAME

<u>MEN</u>
1. David Greene 278
2. Chuck Carroll 268
<u>HIGH SERIES</u>
1. David Greene 727
2. Jeremy Winters 712

WOMEN

Michele Dodge 191
Linda Cliff 191
Michele Dodge 544
Linda Cliff 487